

SENIOR CONNECTION

NEWSLETTER

July - August 2017

California Celebrates July as Parks Make Life Better!® Month

Every year in July, Parks & Recreation agencies throughout the country celebrate the programs and services they provide to their communities! This year is no different and Milpitas' Senior Center has scheduled some fun activities in July to celebrate Parks & Recreation Month! We're kicking the month off with our annual Ice Cream Social, followed by a weekly outing to a fun recreational destination.



City of Milpitas

AGE FRIENDLY



The City of Milpitas has officially been designated as an "Age-Friendly Community" by the World Health Organization. The World Health Organization (WHO) has established the Global Network of Age-Friendly Cities and Communities to connect organizations worldwide with the common vision of making their respective communities a great place to grow old in. The City of Milpitas is committed toward this effort and will be working on numerous projects designed to ensure that Milpitas maintains age-friendliness by creating accessible physical environments, inclusive social environments, and an enabling service infrastructure. One initial project the City of Milpitas' Age-Friendly Task Force is working on is Dementia Friends. Dementia Friends is a global movement endeavoring to change the way people think, act, and talk about dementia. The Dementia Friends Initiative seeks to help everyone in the community understand what dementia is and how it affects people. Find out how to become a "Dementia Friend" by visiting dementiafriendsusa.org.

Oil Painting Classes are Back!

Milpitas Senior Center is excited to announce Thong Le as its new Oil Painting Instructor and classes will begin soon. Information on his classes (including dates, times, fees and registration) will be available at the Front Desk at the beginning of July.

Summer Entertainment

Bring your blankets, lounge chairs and picnic baskets to enjoy some summer evenings hosted by Milpitas Recreation and Community Services. The Summer Concert Series and Movie Night Out are both free events open to the public.

SUMMER CONCERT SERIES

Murphy Park | 6:15PM-8:15PM

Tuesday, July 18 - Sang Matiz
Tuesday, August 1 - Bruce Guynn & Big Rain

MOVIE NIGHT

Civic Center Plaza | 8:30PM

Thursday, July 13 - Inside Out (PG)
Thursday, July 27 - Finding Dory (PG)

PRESENTATIONS

Laughter Yoga

Thursday, July 6 & August 3, 3:00PM

You can laugh with special guided techniques - it's easy. This workshop will explore the different types of laughter and laughter's benefits. This program is held the first Thursday of every month.

Prescription Abuse Prevention

Thursday, July 6, 11:00AM

The prescribing of medications is the most common type of medical treatment in the United States, and pharmacists dispense approximately four billion prescriptions each year. These medications are helping us live longer and healthier lives, but they can also produce harmful effects. Learn how you can get the best results from your medications and avoid medication-related problems or "adverse drug events." A representative from the Santa Clara County Behavioral Health Services in the Substance Prevention Services Department will be here to go over this very important subject. **Please register at the Front desk by July 5.**

Mindfulness Meditation Presentation

Thursday, July 20, 10:00AM – 11:00AM

Mindfulness meditation is a form of meditation designed to develop the skill of paying attention to our inner and outer experiences with acceptance, patience, and compassion. Mindfulness can be confusing for some people, but in this workshop you'll get the basics and practice using mindfulness in real-life situations. Learn this free and effective skill from Jared Levenson, a certified Yoga Instructor. Please register at the Front Desk by July 19.

Housing Opportunities Workshop

Thursday, July 27 & August 17, 10:00AM – 11:30AM

Silicon Valley Independent Living Center (SVILC) is a cross-disability, intergenerational, and multicultural disability justice non-profit organization. This workshop will provide an overview of SVILC's services and in-depth housing search assistance including tenant/landlord rights and responsibilities, community resources, and emergency financial assistance options for rent and/or security deposit. Please register at the Front Desk by July 26 and August 16.

Ask Phuong, a Nurse Practitioner

Wednesdays, 1:00PM–4:00PM

On Wednesdays, Phuong Le, a nurse practitioner currently practicing at Kaiser Permanente Santa Clara, will be available to answer medical questions you may have and perform a non-diagnostic basic memory test. Phuong can also assist with dietary suggestions and an explanation of your medications. Please note: This program is not sponsored or affiliated with Kaiser Permanente.

Teach Seniors Technology (TST)

Fridays, 3:30PM–4:30PM

Teach Seniors Technology is a volunteer program provided by high school students who are dedicated to teaching older adults how to use modern technology for free. TST volunteers offer specific sessions on computer basics, web safety, how to surf the web, and how to use social media. If interested in any of these topics please register at the Front Desk by the Thursday before.

Extended Trips in 2017

Premier World Discovery

If you enjoy traveling and new experiences, check out the upcoming trips the Senior Center is offering! Premier World Discovery trips are a chance to travel by yourself or with friends and be able to make new friends along the way. Fees include all transportation, hotel and some meals - detailed flyers are available at the Senior Center. Trips include:

- Pacific Coast Adventure (departs 8/17/17, 7 days)
- Philadelphia, The Poconos & the Brandywine Valley (departs 10/8/17, 6 days)
- Rose Parade New Year's (departs 12/30/17, 6 days)

EVENTS

I Scream, You Scream, We all Scream for Ice Cream!

Friday, July 7, 2:00PM

When you think of hot summer days, you usually think of delicious cold ice cream! Our Summer Ice Cream Social is your opportunity to satisfy your sweet tooth with a variety of flavors and different types of toppings. It's also a chance get to know your peers over a bowl of ice cream!



Plaza Dancing - New Program!

Mondays, 1:30-2:30PM – Starts July 10

Exercise doesn't feel like exercise when music and friends are involved! Join us for Plaza Dancing where you will be led in non-impact exercises. This is a great way to stay mobile, stimulate your memory and stay happy!

New Member Orientation:

Tuesdays, July 11 & August 8 at 10:00AM

If you are new to the Barbara Lee Senior Center or would like a refresher on all of the wonderful services and activities, please join us on the second Tuesday of the month for an informative presentation and tour. Please sign-up at the Front Desk, or call (408) 586-3400.

Dental Mobile Clinic

Fridays, July 28 & August 25, 1:30-4:30PM

The Dental Mobile Clinic will be offering its services again at the Senior Center. The non-profit organizations of Agape Asian Mission and JAACUC provide free dental services to low-income older adults in the community. Services include basic preventive care, screenings, examinations, cleanings, X-rays, sealant and oral health education. Appointments are scheduled through the Senior Center Front Desk.

Step Right Up! Join Us at our Annual Summer Carnival!

Monday, August 7, 1:30-3:30PM

Become a child again at our annual Summer Carnival. We'll have tons of games and prizes. There will be snacks for you to re-fuel to be able to have more fun! Who knows, you may even get a balloon animal!

Ol' Fashioned BBQ Lunch

Friday, August 25, 12:00PM

Our Summer BBQ Lunch is back! Want something different from the regular lunch program? Join us on the Senior Center's patio for our annual BBQ! Tickets can be purchased starting August 1 at the Front Desk for the nominal fee of \$4.00 per meal. Meal includes a salad, baked beans, fruit, dessert, and your choice of a hamburger, veggie burger or hot dog.



Information Tables

Serene Home Healthcare Services Information Table

Wednesdays, July 12 & August 9, 10:00 AM – 12:00 PM

Serene Home Healthcare Services believes clients heal best in the comfort of their own homes and in familiar environments. They are dedicated in rehabilitating senior individuals within the confines of their own residence. You can learn about their services and benefits that they offer, as well as ask any questions you may have regarding home rehabilitation.

VTA Information Table

Wednesday, July 19 and August 16, 10:00AM-11:30AM

VTA is committed to providing the senior community with services that meet their transportation needs. VTA bus and Light Rail services provide access to many places of interest throughout the County including shopping centers, nutritional sites, places of worship, government buildings and more. Please come and visit with VTA staff for information about using VTA services such as trip planning, the use of Clipper cards, and more.

AUGUST & SEPTEMBER CLASSES

Registration begins July 10

Chinese Brush Painting

Beginner

\$42/\$52 7 meetings

#5469	MON	8/7-9/25	12:30PM-3:30PM
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Intermediate

\$48/\$58 8 meetings

#5961	TUE	8/8-9/26	1:00PM-4:00PM
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Advanced

\$48/\$58 8 meetings

#5470	FRI	8/11-9/29	12:30PM-3:30PM
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Spring Chickens Exercise Program

\$32/\$42 16 meetings

#5463	MON	8/7-10/5	10:00AM-11:00AM
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	THUR		8:50AM-9:50AM
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*No class held on 8/31 and 9/4.

Line Dancing - New Beginner

\$16/\$26 8 meetings

#5487	WED	8/9-9/27	9:00AM - 10:00AM
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#5488	WED	8/9-9/27	10:00AM-11:00AM
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#5489	WED	8/9-9/27	11:00AM-12:00PM
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AARP Smart Driver

Refresher Course

\$15 AARP Members/\$20 non-AARP 1 meeting

#5920*	THUR	7/13	9:00AM-1:30PM
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#5921	THUR	9/14	9:00AM-1:30PM
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*Registration available now! Please register for this class at the Front Desk.

DROP-IN PROGRAMS

Crochet & Knit
Mondays
9:00AM-11:30AM

Chair Exercises
Mondays & Thursday
11:10AM-Noon

Movie Day
2nd & 4th Mondays of Month
1:00PM

Bridge—Party Style
Mondays-Fridays
1:00PM-4:00PM

Pickleball
Tuesdays
1:45PM-4:00PM

Crafting | Quilting | Sewing
Tuesdays
Noon

Bridge Class
Mondays
1:00PM

Book Club
3rd Tuesday of month
10:30AM-11:30AM

Zumba (\$2)
Tuesdays & Thursdays
10:00AM-11:00AM

Beginning Yoga
Tuesdays & Fridays
8:40AM-9:55AM

Guitar
Wednesdays
9:30AM-11:00AM

Crafts
Wednesdays
9:00AM-11:30AM

Bingo
Wednesdays
1:15PM-3:30PM

Ukulele
Wednesdays
1:30PM-2:30PM

Genealogy Research
Schedule with front desk.

Technology Tutoring For Seniors
Fridays
3:30PM-4:30PM

Hand & Foot
Fridays
1:00PM

Shall We Dance
Fridays
1:30PM-3:30PM

Computers
First come, first served basis. There is a 30 minute time limit when people are waiting.

Chinese Folk Dance*
Mondays
9:00AM-10:00AM

Chinese Karaoke*
Mondays
1:00PM-3:30PM

Yuen Chi Dance*
Tuesdays
1:30PM-3:00PM

Ballroom Dance*
Thursdays
1:30PM-3:30 PM

Chinese Calligraphy*
Fridays
9:30AM-11:30AM

Chinese Chorus*
Fridays
9:30AM-11:00AM

Chinese Folk Dance*
Fri 11:00AM-Noon

*Mandarin-Speaking Programs

Barbara Lee Senior Center Memberships

Milpitas' Barbara Lee Senior Center is for adults 50+. A Senior Center Membership is required to participate in all programs (unless otherwise noted, such as Lunch Program or Bingo). Membership fees are \$12 for Milpitas residents and \$30 for non-residents. Milpitas residents must show two proofs of residency for the discounted rate.

Please note: For any total charge of \$10-\$50 there is a \$1 processing fee. For total charges of \$51 or more the processing fee is \$3.

Processing fees are non-refundable.



BARBARA LEE SENIOR CENTER
40 N. Milpitas Blvd.
Milpitas, CA 95035
(408) 586-3400
Monday-Friday 8:30AM - 4:30PM



All Recreation programs, events, activities and their locations are subject to change at the discretion of Recreation and Community Services.

TRIPS

Exciting day trips are coming up! In honor of Parks Make Life Better month, we will be visiting a fun recreational destination every week beginning July 12th. As a reminder, trips are based on a lottery system. Trip registration forms are available at the Senior Center. Registration forms are due July 7 and the drawing will be held on July 10. Those selected will be notified and payment will be due within 3 business days.

Hakone Gardens

Wednesday, July 12, Depart at 10:00AM \$25.00

Enjoy a morning stroll through this beautifully sculpted Japanese Garden. We will experience a Kimono Demonstration and a Tea Ceremony. Please wear comfortable walking shoes. Lunch will be on your own at the Saratoga De Paseo Shopping Center or you can pack a lunch.

Ardenwood Historic Farm

Friday, July 21, Depart at 9:30AM \$14.00

From the area's first inhabitants to the Patterson family, you can explore the farm's history, gardens and grounds with Ardenwood's naturalist. You can discover the park's history and meet the farm animals on this easy ½ mile stroll. We will enjoy a guided tour of the home, farm and a short train ride. Lunch can be purchased at their café or you can bring your own.

Senior Safari Walkabout & Japanese Garden

Thursday, July 27, Depart at 8:30AM \$5.00

Happy Hollow is not just a place for kids! The early morning Senior Safari Walkabout at Happy Hollow Park and Zoo is a time to get some exercise while enjoying the beautiful sights and sounds of the park. Seniors are invited to challenge their minds, get a little (or a lot) of exercise, and gain unique knowledge into the wonders of the natural world in an atmosphere sure to make you feel like a kid again! We will also visit the Japanese Gardens next to Happy Hollow. Please bring a lunch or you can purchase from Happy Hollow.

Treasure Island Culinary Institute

Wednesday, August 9, Depart at 10:30AM \$5.00 + (\$15.00 cash, day of trip)

Enjoy a 3-course meal prepared by the culinary students of the Job Corps Fine Dining Class. Fee includes transportation. Please bring \$15.00 cash for price of meal and tip.

Roaring Camp Railroads

Wednesday, August 23, Depart at 9:30AM \$34.00

Enjoy the day under the Redwood trees via a 19th Century steam train. Travel over trestles, through towering redwood groves and up a winding narrow-gauge grade to the summit of Bear Mountain as conductors narrate the history of Roaring Camp, the railroad and the forest. Bring a lunch or purchase food at the Snack Bar. (One hour roundtrip).

Case Manager's Corner

Announcements

The Senior Center Resource Room is being relocated to the lobby area, located by the computers and blood pressure station. You will be able to more easily access resources related to housing, healthcare, citizenship, and so much more. Check out the new Resource Area today!

Resource of the Month: Second Harvest Food Bank-Food Connection

Food Connection helps people in-need of food find resources in their neighborhood. Multilingual staff members provide referrals and application assistance to local food assistance programs in Santa Clara and San Mateo Counties.

Call 1-800-984-3663 Monday-Friday, 8:00am - 5:00pm

Email foodconnection@shfb.org

Text "Web Connect" to 1-408-455-5181.





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Barbara Lee Senior Center

JULY 2017 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Ribs <i>or</i> Korean-style Pork	4  Senior Center Closed for 4th of July Holiday	5 Chicken & Black Bean Casserole <i>(Call by Monday at noon for today's lunch)</i>	6 Roast Pork with Asian Brown Sauce & Asian Veg Soup  <i>or</i> Chicken with Mixed Vegetables	7 Spinach Vegetarian Lasagna
Alternate Choices: Thai-style Chicken Salad <i>or</i> Veggie Cottage Cheese & Fruit Salad <i>or</i> Roast Pork Sandwich <i>or</i> Veggie Boca Burger				
10 Lemon Herb Fish with Tartar Sauce & Veg. Soup <i>or</i> Sauteed Beef with Vegetables	11 BBQ Chicken 	12 Sesame Beef	13 Enchilada Casserole <i>or</i> Shrimp with Egg	14 <i>New!</i> Honey Garlic Pork Chop
Alternate Choices: Chicken Caesar Salad <i>or</i> Veggie Garden Chickpea Salad <i>or</i> Turkey Wrap <i>or</i> Veggie Egg Salad Sandwich				
17 Italian Herbed Chicken <i>or</i> Black Pepper Pork	18 Baked Fish with Lemon & Dill Sauce	19 Roast Pork with Apple Chutney Sauce & Kale Soup	20 Turkey Meatloaf <i>or</i> Japanese-style BBQ Chicken	21 <i>New!</i> Sweet & Sour Meatballs
Alternate Choices: Thai Pork Salad <i>or</i> Veggie Spinach, Feta & Pear Salad <i>or</i> Chicken Salad Sandwich <i>or</i> Veggie Pita				
24 Rosemary Chicken with Mushroom Sauce <i>or</i> Mongolian Beef	25 Pork Chop with Lemon Basil Cream Sauce	26 BBQ Beef Brisket	27 Chicken Adobo <i>or</i> Pork with Onions	28 Fish Sandwich with Tartar Sauce & Wild Rice Soup
Alternate Choices: Greek Chicken Salad <i>or</i> Veggie Black Bean & Orzo Salad <i>or</i> Tuna Salad Pita <i>or</i> Veggie Grilled Cheese Sandwich				
31 Sweet & Sour Pork <i>or</i> Fish with Black Bean Sauce	August 1 Hawaiian BBQ Chicken Pizza	2 Baked Tilapia with Parmesan & Navy Bean Soup	3 Penne Pasta with Fresh Vegetables <i>or</i> Garlic Chicken	4 Chile Lime Chicken
Alternate Choices: Roast Pork Apple Salad <i>or</i> Veggie Bean Salad <i>or</i> Turkey Sandwich <i>or</i> Veggie Wrap				

- **Call (408) 586-3413 to make or cancel your reservation.** Reservations are required to guarantee a lunch. *If you are unable to come for lunch and fail to cancel your reservation, your remaining reservations will be canceled until we hear from you.*
- **Reservations must be made by Noon (12:00 pm) 1 day before you plan to attend (order by Noon on Friday for a Monday lunch).**
- Suggested contribution is \$3.00 for seniors 60 years and older. Guests under 60 are \$6.00.
- Check-In Desk is open 10:30-11:45 am. Please check-in by 11:30 am or your lunch may be given to someone on the Waiting List.
-  Indicates meals that exceed 1,000 mg of sodium.